

Howard Helmer, *World's Fastest Omelet Maker*



DDA was happy to welcome Howard Helmer back to the Delaware State Fair. His appearance was sponsored by the American Egg Board (AEB). Howard travels the world for the AEB demonstrating his omelet prowess and promoting eggs for the American Egg Board. According to Guinness World Records, Helmer is the “World’s Fastest Omelet Maker.”

We had the pleasure of having him share his many delicious omelets with us on July 24th and 25th this year. Read below his own words about his visit. We have invited him back for next year’s State Fair!

For more information about Celebrity Chef Howard Helmer, check his website:

<http://www.incredibleeggman.com>

For more omelet and other egg recipes and for information on the outstanding nutritive value of eggs, visit the American Egg Board’s website: <http://www.aeb.org/>

HOLY SMOKES!

4-ALARM PEACHES N' CREAM OMELET FLAMBE DEBUTS AT THE DELAWARE STATE FAIR

By Howard Helmer

I love the Delaware State Fair mainly because I love the folks I work with there. My local “partners” are Anne Fitzgerald, the Chief of Community Relations for the Delaware Department of Agriculture and her colleague, Judith Leith. Together – like a well-oiled machine – we have a terrific time shopping, prepping and presenting at the fair, always using fresh Delaware products for the omelets that I demonstrate.



Howard buying fresh peaches at Fifer Orchards in Wyoming, DE

This year there were two highlights. First, Anne told me that Delaware was once the largest producer of peaches in the U.S. So much so that the peach blossom was named the state flower. Though peach production has diminished over the years, Delaware’s love for peaches has not. So, on July 30th right at the state fairgrounds, peach pie was declared Delaware’s official state dessert. No kidding.



To acknowledge this, we set out to create a peach omelet dessert of our own. And we did! We filled a 3-egg omelet with two fresh peaches that we sliced and sautéed in butter with some sugar, sour cream and pecans. We folded the omelet then dusted it with confectioners sugar and flamed it with peach flavored brandy. And whatta’ flame it was! Check out the photo. Somewhere behind that wall of fire is me, basting the omelet in the pan with the wildly burning brandy while trying not to burn the hair on my arms. When the fire burned itself out, there was a thick, syrupy peach brandy flavored puddle in the pan that I spooned over the omelet before topping it with yet more sour cream. The result was one of the most fabulous tasting omelets ever made. We passed out samples to the audience and they all swooned – it was *that* delicious. The recipe is below.



Delaware Secretary of Agriculture, Ed Kee making an omelet with Howard.

The second highlight of my Delaware visit was cooking an omelet with the Secretary of Agriculture, Edwin Kee. He stopped by to say hello while one of my demonstration was underway. So, we quickly recruited him to make an omelet for the crowd to show that *anyone* can do it, even Secretary Kee. His omelet started out pretty much like scrambled eggs, but with a little coaching he saved it. Out came one of the prettiest omelets of the day. Delicious, too, according to the folks who sampled it.

DELAWARE PEACHES N' CREAM OMELET FLAMBE

For the omelet

3 eggs
3 tablespoons of water
1 tablespoon of butter

For the filling and topping - have these ingredients at the serving table

2 fresh peaches, sliced and sautéed in 1 tablespoon of butter and two tablespoons of sugar ½ cup plus ¼ cup of sour cream
½ cup plus ¼ cup of chopped pecans
2 tablespoons of confectioners sugar
1/3 cup of peach (or apricot) flavored brandy (must be 70-proof to flame)

Make the omelet in the kitchen – Beat together eggs and water. In a pre-heated 10-inch omelet pan, heat butter until it sizzles. Pour in egg mixture. With an inverted spatula, pull cooked portions of egg from the perimeter of the pan towards the center so the uncooked egg can reach the hot pan surface, tilting the pan and moving it as necessary. Always keep the bottom of the pan covered with egg so you end up with an egg “pancake”. Continue until the egg is set and will not flow.



Filling and flaming the omelet at the serving table – Move fast now so that the pan retains enough heat to warm the brandy when you pour it in. Take the hot pan with the omelet to the table and place it on a trivet. Moving quickly, spoon the peaches, ½ cup of the sour cream and ½ cup of the pecans onto the left side of the omelet (left-handed people fill the right side). Fold the unfilled side of the omelet over the filling. Dust the omelet with the confectioners sugar, pour the brandy into the pan and let it sizzle a bit, then set it ablaze with a match. Baste the omelet with the burning brandy using a long-handled spoon until the fire goes out. Spoon the thickened brandy from the pan all over the omelet, then top it with the remaining sour cream and pecans. Makes 4 generous servings.

